AN ALMANACK

For the Year 1683.

AND

From the Creation of the World according to the best Cronologers. 5632.

Being the Third after the Bissextile or Leap-Year.

Wherein is contained Observations of the Weather likely to happen every Month, with the Suns rising and setting, together with Physical Receipts proper for all the Parts of the Body of Man when discomposed, set down on the Right-hand Page of every Month, with the Symptomes preceding several Diseases; being accommodated to all Capacities whatsoever: To which is added a Treatise of Physiognomy, shewing how to know a Person by his look, of what temper he is, *&c.*

By **R. Johnson** a Well-willer to all useful Sciences.

Ars quæ sanitati tuendæ præsidet, iis qui sibi paruerint, constantem sanitatem promittit: Qui vero recusant hujusmodi præceptis morem gerere, iis perinde est ac si omnino non esset.

LONDON, Printed by R. E. for the Company of Stationers. 1683.

The Preface.

FRiendly Reader, the Author of this work is well known to be a Worthy and Learned Gentleman, generally skilled in Universal Learning; who as he is a Man of Great Parts, so is he able to perform great Undertakings. This is the first work of the kind that ever he undertook, it was designed, begun, and perfor-med in haste; yet wants not a native beauty to set it off to the lookers on: I doubt not, but if he meets with your Candor, but that in a short time he will oblige the world with much greater and better things; I am sure his Genius aims at what is Great, Brave, and Noble, and he is as able to perform as he is willing, and as wil-ling as you can desire to have him. As to this Alma-nack, you will find many things not common, and of singular good use: Here also are several things which may be of especial advantage to Artists, and some more exact or Methodical Rules (I perswade my self) than many young Tyro's walk by: His Observations are Good, Witty, and Ingenious; his advice according to Art, and his whole performance beyond the expectation of such a work; if such his beginning, what may we expect from him for the future? It only remains, that all lovers of Learning would give but answerable en-couragement to the worth of such Undertakers; That would thereby both advance their own honours, and preserve as with an indelible Character the Monu-ments of Wisdom.

William Salmon. Med. Prof.

BIBLIOTHECA BODLEIANA

A Tide-Table to know when it is full Sea by the Age of the Moon, at any of these places here under named.

Moons Age:	London.	Tinmouth.	Hart:epool.	Whitebay.	Bristol.	Lanion.	Foulnes.	At the Start.	Dover.	Yar mouth.	Harwich.	Calice Road.	Quinborough.	Southampton.	Portsmouth:	Isle of Wight.	Plymouth.	Weymouth.	Hull.	Lyme.	Newcastle.	Falmouth.	Dartmouth.	Tor-Bay.	Berwick.	Hamborough.	Bridlinge-bay.
1	3	4	8	7	3	3	11	1	8	0	4	8	6	4	8	6	3	4	3	3
2	4	3	8	8	2	1	0	0	6	1	3	6	7	3	6	6	5	1	5	2	1
3	5	2	4	9	9	0	0	5	4	2	2	4	8	2	4	7	3	9	6	9
4	6	1	2	9	5	7	1	4	2	3	1	2	9	1	2	8	2	7	6	5	7
5	7	0	1	0	4	4	2	3	0	4	0	1	0	0	9	1	5	7	4	5
6	7	4	8	1	1	3	3	3	1	8	4	4	8	1	0	4	8	1	0	3	8	3	3
7	8	3	6	0	2	1	4	6	5	3	6	1	1	3	6	1	0	5	1	9	2	1
8	9	2	4	1	9	4	5	4	6	2	4	0	2	4	0	1	1	3	9	1	0	9
9	10	1	2	1	5	7	5	4	2	7	1	2	1	1	2	0	2	7	1	0	5	7
10	11	0	2	0	4	4	6	3	0	8	0	2	0	1	5	1	1	4	5
11	11	4	8	3	3	3	7	1	8	8	4	8	2	4	8	2	3	3	3
12	0	3	6	4	2	1	8	6	9	3	6	3	3	6	2	5	1	1	2	1
13	1	2	4	5	9	8	5	4	1	0	2	0	4	2	4	3	3	9	2	9
14	2	1	2	5	5	7	9	4	2	1	1	3	5	1	2	4	2	7	2	5	7
15	3	0	0	6	4	5	1	0	3	0	1	2	0	6	0	5	1	5	3	4	5
16	3	4	8	7	3	3	11	1	8	0	5	8	6	4	8	6	3	4	3	3
17	4	3	6	8	2	1	0	0	6	1	3	6	7	3	6	6	5	1	5	2	1
18	5	2	4	9	9	0	0	5	4	2	2	4	8	2	4	7	3	9	6	9
19	6	1	2	9	5	7	1	4	2	3	1	2	9	1	2	8	2	7	6	5	7
20	7	0	1	0	4	4	2	3	0	4	0	1	0	0	9	1	5	7	4	5
21	7	4	8	1	1	3	3	3	1	8	4	4	8	1	0	4	8	1	0	3	8	3	3
22	8	3	6	0	2	1	4	6	5	3	6	1	1	3	6	1	0	5	1	9	2	1
23	9	2	4	1	9	4	5	4	6	2	4	0	2	4	0	1	1	3	9	1	0	9
24	10	1	2	1	5	7	5	4	2	7	1	2	1	1	2	0	2	7	1	0	5	7
25	11	0	2	0	4	5	6	3	0	8	0	2	0	1	5	1	1	4	5
26	11	4	8	3	3	3	7	1	8	8	4	8	2	4	8	2	3	3	3
27	0	3	6	4	2	1	8	6	9	3	6	3	3	6	2	5	1	1	2	1
28	1	2	4	5	9	8	5	4	1	0	2	0	4	2	4	3	3	9	2	9
29	2	1	2	5	5	7	9	4	2	1	1	3	5	1	2	4	2	7	2	5	7
30	3	0	0	6	4	5	1	0	3	0	1	2	0	6	0	5	1	5	3	4	5

A Table of Kings.

Kings and Q Names.	Born	Began to Reign.	Reigned Y.	Reigned M.	Since they Reigned.	Buried at.
William 1	1023	1066 Oct. 1	20	11	596 Sep. 9	Caen *Nor.*
William 2	1057	1087 Sep. 7	12	11	583 Aug. 12	Winchest.
Henry 1	1068	1100 Aug. 2	35	4	548 Dec. 1	Reading
Stephen.	1105	1135 Dec. 1	18	11	529 Oct. 26	Fevrsham
The *Saxon Line* restored.						
Henry 2	1133	1154 Oct. 25	35	9	494 July 6	Founter.
Richard 1	1157	1189 July 6	9	9	484 April 6	Founter.
John	1165	1199 April 6	17	6	467 Oct. 19	Worcester
Henry 3	1207	1216 Oct. 19	56	1	411 Nov. 16	Westmin.
Edward 1	1239	1273 Nov. 16	34	8	376 July 7	Westmin.
Edward 2	1312	1307 July 7	19	6	357 Jan. 25	Glocester.
Edward 3	1312	1326 Jan. 25	51	5	306 Jun. 21	Westmin.
Richard 2	1366	1377 Jun. 21	22	3	284 Sep. 29	Westmin.
The *Lancaster Line*.						
Henry 4	1367	1399 Sep. 29	13	4	270 Mar. 20	Canter.
Henry 5	1376	1413 Mar. 20	9	5	261 Aug. 31	Westmin.
Henry 6	1421	1422 Aug. 31	38	6	223 Mar. 4	Windsor
The *York Line*.						
Edward 4	1442	1460 Mar. 4	23	1	199 April 9	Winchest.
Edward 5	1473	1483 April 9	0	2	199 Jun. 18	unknown
Richard 3	1448	1483 Jun. 18	2	1	197 Aug. 22	Leicester
The Union of the Families.						
Henry 7	1455	1485 Aug. 22	23	1	175 Apr. 21	Westmin.
Henry 8	1491	1509 Apr. 21	37	9	137 Jan. 28	Windsor
Edward 6	1537	1547 Jan. 28	6	5	131 July 6	Westmin.
Q. Mary	1515	1553 July 6	5	4	125 Nov. 17	Westmin.
Q. Eliz.	1533	1558 Nov. 17	44	4	81 Mar. 24	Westmin.
The Union of the Kingdom.						
James 1	1566	1602 Mar. 24	22	0	58 Mar. 27	Westmin.
Charles 1	1600	1625 Mar. 27	23	11	35 Jan. 30	Windsor
Charles 2	1630	1648 Jan. 30	Vivat Rex.			

And let all Loyal Subjects heartily Sing,
God bless Great Charles the Second, our Noble King.

A Table of Intereſt.

This Table doth preſent unto your view,
At ſix *per Cent.* what Intereſt will be due.

	A d.	A week		A month			3 months.			6 month			A year.		
	d.	c.	s.	d.	c.	s.	d.	c.	l.	s.	d.	c.	l.	s.	d. c.
£1	0.	0	0.	0.	1	0.	0.	6	0.	0.	0.18	0.	0.0.36	0.	0.0 72
2	0.	0	0.	0.	3	0.	0.12		0.	0.	0.36	0.	0.0.72	0.	0.1.44
3	0.	0	0.	0.	4	0.	0.18		0.	0.	0.54	0.	0.1. 8	0.	0.2.16
4	0.	0	0.	0.	5	0.	0.24		0.	0.	0.72	0.	0.1.44	0.	0.2.88
5	0.	1	0.	0.	7	0.	0.30		0.	0.	0.90	0.	0.1.80	0.	0.3.60
6	0.	1	0.	0.	8	0.	0.36		0.	0.	1. 8	0.	0.2. 0	0.	0.4.32
7	0.	1	0.	0.	10	0.	0.42		0.	0.	1.26	0.	0.2.52	0.	0.5. 4
8	0.	1	0.	0.	11	0.	0.48		0.	0.	1.44	0.	0.2.88	0.	0.5.76
9	0.	1	0.	0.	12	0.	0.54		0.	0.	1.62	0.	0.3.24	0.	0.6.48
10	0.	2	0.	0.	13	0.	0.60		0.	0.	1.80	0.	0.3.60	0.	0.7.20
£1	0.	4	0.	0.	27	0.	1.20		0.	0.	3.60	0.	0.7.20	0.	1.2.40
20	0.	8	0.	0.	55	0.	2.40		0.	0.	7.20	0.	1.2.40	0.	2.4.80
30	0.	12	0.	0.	85	0.	3.60		0.	0.	10.80	0.	1.9.60	0.	3.7.20
40	0.	15	0.	1.	10	0.	4.80		0.	1.	2.40	0.	2.4.80	0.	4.9.60
50	0.	19	0.	1.	38	0.	6.00		0.	1.	6.00	0.	3.0.00	0.	6.0 00
60	0.	23	0.	1.	65	0.	7 20		0.	1.	9 60	0.	3.7.20	0.	7.2.40
70	0.	27	0.	1.	93	0.	8.40		0.	2.	1.20	0.	4.2.40	0.	8.4.80
80	0.	31	0.	2.	21	0.	9.60		0.	2.	4.80	0.	4 9.60	0.	9.7.20
90	0.	35	0.	2.	48	0.	10.80		0.	2.	8.40	0.	5.4.80	0.	10.9.60
100	0.	39	0.	2.	76	1.	0.00		0.	3.	0.00	0.	6 0.00	0.	12.0.00
200	0.	79	0.	5.	52	2.	0.00		0.	6.	0.00	0.	12.0.00	1.	4.0.00
300	1.	18	0.	8.	28	3.	0.00		0.	9.	0.00	0.	18.0.00	1.	16.0.00
400	1.	38	0.	11.	4	4.	0.00		0.	12.	0.00	1.	4.0.00	2.	8.0.00
500	1.	97	1.	1.	80	5.	0.00		0.	15.	0.00	1.	10.0.00	3.	0.0.00
600	2.	36	1.	4.	57	6.	0.00		0.	18.	0.00	1.	16.0.00	3.	12.0.00
700	2.	76	1.	7.	33	7.	0.00		1.	1.	0.00	2.	2.0.00	4.	4.0.00
800	3.	15	1.	10.	9	8.	0.00		1.	4.	0.00	2.	8.0.00	4.	16.0.00
900	3.	55	2.	0.	85	9.	0.00		1.	7.	0.00	2.	14.0.00	5.	8.0.00
1000	3.	94	2.	3.	61	10.	0.00		1.	10.	0.00	3.	0.0.00	6.	0.0.00

The Table of the Terms for this Year, 1683.

Hillary Term begins *Jan.* 23, ends *Feb.* 12.	*Octabis Hillarii.*	*January* 20
	Quind. Hillarii.	*January* 27
	Craſtino Purif.	*February* 3
	Octabis Purif.	*February* 9
Eaſter Term begins *Apr.* 25, ends *May* 21.	*Quind. Paſche.*	*April* 23
	Tres Paſche.	*April* 30
	Menſe Paſche.	*May* 7
	Quinq. Paſche.	*May* 14
	Craſtino Aſcenſ.	*May* 18
Trinity Term begins *June* 8, ends *June* 21.	*Craſtino Trin.*	*June* 4
	Octabis Trin.	*June* 11
	Quind. Trin.	*June* 18
	Tres Trinitatis.	*June* 25
Michaelmas Term begins *Octob.* 23, ends *Nov.* 29.	*Tres Michaelis.*	*Octob.* 20
	Menſe Mich.	*Octob.* 27
	Craſtino Anim.	*Nov.* 3
	Craſtino Mart.	*Nov.* 12
	Octabis Mart.	*Nov.* 18
	Quind. Mart.	*Nov.* 25

Kings are by God appointed for to ſway
The Sword; and make Rebellious men obey.
Who does oppoſe them makes himſelf to be
Traytor to Heaven and to Majeſty.
May ſuch for their demerits have reward,
The Laws juſt doom, and be of God abhorr'd.
The Law's a thing Divine, made to repel
The ſinful luſts of ſuch as do rebel
Againſt right reaſon, Juſtice, Faith, their Prince:
And for the wronged man is a defence.
Its uſe is to correct and keep in fear,
Such as don't value what they do or ſwear.

Notes for the Year, 1683.

The Golden Number.		12.
The Epact.		12.
The Dominical Letter.		G.
Septuageſima-Sunday.	*February.*	4.
The Firſt day of Lent.	*Feb.*	21.
Eaſter-Day.	*April.*	8.
Rogation-Sunday.	*May.*	13.
Aſcenſion-Day.	*May.*	17.
Whit-Sunday.	*May.*	27.
Advent-Sunday.	*Dec.*	2.

The 12 *Signs.*

♈ Aries, ♉ Taurus, ♊ Gemini, ♋ Cancer, ♌ Leo, ♍ Virgo, ♎ Libra, ♏ Scorpio, ♐ Sagittary, ♑ Capricorn, ♒ Aquarius, ♓ Piſces.

Seven Planets.

♄ Saturn, ♃ Jupiter, ♂ Mars, ☉ Sol, ♀ Venus, ☿ Mercury, ☽ Luna.

The Five Aſpects.

☌ Conjunction, ⚹ Sextile, □ Quartile, or ſquare, △ Trine, ☍ Oppoſition.

The Four Nodes.

☊ Caput draconis, ☋ Caudæ draconis, ⊕ Sors, or pars fortunæ, A Antiſcions of the Planets.

Blustering cold weather doth begin the year,
Then stir not much abroad, but make good chear
At home: an Oxes Wing, and Wine may do't,
And make thee have a merry heart to boot.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and sets.			
1	a	New-years-day.	8	2	4	Day seven hours 56 m.
2	b	Abel.	8	0	4	
3	c	Seth.	7	58	5	This Mouth begins pretty
4	d		7	57	5	sharply, and may con-
5	e	Simeon.	7	56	5	tinue so for some time.
6	f	Twelfth-day.	7	55	5	
7	G	1 Sund.af.Epiph.	7	53	5	
8	a		7	52	5	
9	b	Marcellus.	7	51	5	But now you may ex-
10	c	*Sol in Aquar.*	7	50	5	pect some alteration, it
11	d		7	49	5	may be snow, rain, sleet
12	e		7	48	5	and Wind.
13	f	Hilary Bishop.	7	46	5	Day is 8 hours 30 min.
14	G	2 Sund.af.Epiph.	7	45	5	
15	a		7	44	5	Neither will the wea-
16	b	Marcellus.	7	43	5	ther much change till
17	c		7	41	5	towards the latter end
18	d	Prisca.	7	39	5	of the Month.
19	e		7	38	5	Drink *Wormwood* Beer,
20	f		7	37	5	Now about the change
21	G	3 Sund.af.Epiph.	7	36	5	of the Moon expect that
22	a	And Saint Agnes.	7	34	5	the weather will be
23	b	Term Begins.	7	33	5	more severe, sharp frosts
24	c		7	31	5	will conclude the
25	d	Conv.of S.Paul.	7	30	5	Month.
26	e		7	29	5	If necessity compel
27	f		7	27	5	thee to let blood, let
28	G	4 Sund.af.Epiph.	7	24	5	it be drawn from thy
29	a		7	22	5	left arm or leg, because
30	b	K. Charles Mart.	7	20	5	most prompt for the
31	c		7	18	5	Winter.

Full Moon the 3 day, at 2 hours in the morning.
Last Quarter the 9 day, at 7 hours at night.
New Moon the 7 day, at 2 hours in the afternoon.
First Quarter the 25 day, at 8 at night.

Rom.	Acc.	
1	11	
2	12	
3	13	
4	14	
5	15	
6	16	
7	17	
8	18	
9	19	
10	20	
11	21	
12	22	
13	23	
14	24	
15	25	
16	26	
17	27	
18	28	
19	29	
20	30	
21	31	
22	Fe.	
23	2	
24	3	
25	4	
26	5	
27	6	
28	7	
29	8	
30	9	
31	10	

The Head.

Signs that generally forerun a Distemper likely to fall upon the *head*, are these. 1. There is a kind of heaviness in the forepart of the *head*, even to the very *Eye-brows*. 2. Or a wonderful tinkling of the *Ears*. 3. Or the *Eyes* water and are dull. 4. Or the smell is obtuse and the *Gums* swell; with many others more obscure, and less discernable.

But if thou art sensible of these, or any others so much as that thou feareſt a distemper likely to follow, make use of this following direction, for prevention.

Take of the tops of *Hyſop*, or wild *Marjoram* a small handful, and boil them in *Raiſin wine*, or other ordinary liquor, as Waters sweetned with hony, or the like, and wash thy *mouth* with it often in a morning fasting; and gargarize thy *throat* with it, and it will remove or abate the peccant-humour.

But if the *head-ach* hath seiz'd thee, and thou haſt no foregoing warning thereof, make use of these following Remedies, or some of them.

Take *Aloes* the best, half an ounce, Spices, *Electuary de gemmis*, *Trium ſantal*, red *Roſes*, of each six Grains, with Surrup of *Wormwood*, and of *Violets*, make a Mass, and take of it 1 Dram twice a week 2 hours before Supper: *Smiths* Phyſ. *Page* 186. Or this,

Take *Betony*, *Calamint*, *Germander*, *Marjoram*, *Roſemary*, *Sage*, of each an handful, *Savory* and *Hyſop*, of each one *Pugil*, *Bay-berries* and *Frankincenſe*, of each two Drams, *Clarrified Hony* four times as much; mingle them and make an Electuary, of which take two Drams every night when you go to Bed.

For an inveterate *head-ach* infuse *Roſemary* and *Sage*, of each a good quantity in Wine or Beer, and drink thereof fasting.

This Season truly (as I think) requires
A well skill'd Kitchen, and good roufing Fires,
To which add a good Wife, and chearful heart,
And Heav'n hath given enough for one mans part.

Month Days.	Week Days.	Saint and Festival Days.	Sun rise and sets			Rom. Account.	Eng. Account.
1	D	Bridget.	7	16	5	Day is 9 hours 30 min.	1
2	E	Candlemass.	7	14	5	Indifferent calm and	2
3	F		7	12	5	ſerene weather begins	3
4	G	Septuageſima.	7	11	5	this Month, which may	4
5	A	Agatha.	7	10	5	in all probability	5
6	B		7	8	5	change ſhortly to rain	6
7	C		7	5	5	or ſleet.	7
8	D		7	3	5		8
9	E	*Sol in Piſces.*	7	1	5		9
10	F		7	0	5	Which will hardly con-	10
11	G	Sexageſima.	6	58	6	tinue longer.	11
12	A		6	57	6		12
13	B	Term Ends.	6	55	6	Day is 10 hours 10 m.	13
14	C	*Valentine.*	6	53	6		14
15	D		6	51	6	Then the New Moon,	15
16	E		6	50	6	and then you may ex-	16
17	F		6	48	6	pect very ſeaſonable	17
18	G	Quinquageſima.	6	46	6	and calm weather till	18
19	A		6	42	6	the Months end.	19
20	B	Shrove-Tuesday.	6	40	6	If neceſſity compel	20
21	C	Aſh-Wedneſday.	6	38	6	thou maiſt at the lat-	21
22	D		6	36	6	ter end of this Month	22
23	E		6	33	6	both purge and bleed,	23
24	F	St. Matthias.	6	31	6	but uſe both moderate-	24
25	G	Quadrageſima.	6	30	6	ly.	25
26	A		6	27	6	Drink *Scurvy Graſs*	26
27	B		6	24	6	to purifie thy blood.	27
28	C	Ember Week.	6	21	6	Day is 11 hours 12 m.	28

Eng. Account.	Rom. Account.
1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20
11	21
12	22
13	23
14	24
15	25
16	26
17	27
18	28
19	*M.*
20	2
21	3
22	4
23	5
24	6
25	7
26	8
27	9
28	10

Full Moon the 1 day, at 3 night.
Laſt Quarter the 8 day, at 8 in the morning.
New Moon the 16 day, at 10 in the morning.
Firſt Quarter the 24 day, at 7 in the morning.

The Eyes.

For Eyes that are overcooled, with or without any defluxionsor Rhume, theſe things are profitable, Great *Celandine*, *Eye-bright*, *Fennel*, Garden *Rue*, and *Vervain*, whereof may be made Decoctions, or Electuaries for neceſſary internal uſes.

For Eyes that are over hot you may purge the head with the Medicines preſcribed before for the head. Binding of the Temples, or letting blood on the ſame ſide where the grief is may profit.

But in all inflamations of the Eyes this following hath been proved for an extraordinary remedy.

Take *White Lead* waſhed one Ounce, *White Starch* ſix Drams, *Gum. Trag*, *Sarcocolla*, *Tutty* prepared, of each halfe an Ounce; *Camphir*, *Opium* of *Thebes*, of each one Dram, *Roſewater* as much as may conveniently make it up into a Maſs, diſſove a little of it in *Roſe-Water*, and drop it into the Eye with a Feather. *Sm. Ph.* Page 120. Or,

Take *Malaga Wine* three Pound, *Wheat Corns*, and *Fennel Seed*, of each half an handful, *Cinnamon* bruiſed two Drams, *Cloves* beaten four ſcruples, Leaves of *Rue*, and tops of *Bays*, halfe a Pugil, infuſe them for one day, then boil them at a ſoft fire, till a fifth part be conſumed, ſtrain it out, add two Drams of *Tutty* prepared, mingle them, and when you would uſe it ſhake the Decoction, and drop a little into your eyes.

Plaiſters of *Maſtick* are applyed to the Temples with good ſucceſs ſometimes.

Frequent dropping in of milk is good, but it muſt be warm, and ſuch wherein *Frankincenſe* ſet on fire is boyled.

Beware of colds, this Month will search you through,
And satisfie you if you're sound or no.
March Beer must now be brew'd, If let alone
This Month, I'm sure you can this year have none.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise. and sets.			
1	D	David B.	6	19	0	Blustering winds with
2	e		6	17	6	rain or hail.
3	f		6	15	6	
4	G	2 Sund. in Lent.	6	13	6	Day 11 hours 25 mi-
5	a		6	11	6	nutes long.
6	b		6	8	6	And may so continue
7	c		6	6	6	all the beginning of this
8	d	Cyprianus.	6	4	6	Month, yet not so vio-
9	e	*Sol in Aries.*	6	2	6	lent as at the first.
10	f	Alexand.	6	0	6	*Day and Night Equal.*
11	G	3 Sund. in Lent.	5	58	7	Though this Month af-
12	a		5	56	7	ford much variety of
13	b	Eutychus.	5	54	7	weather, yet it may pro-
14	c		5	52	7	duce such as will not
15	d		5	50	7	be unseasonable either
16	e	Cyriacus.	5	48	7	to the honest Country
17	f		5	46	7	man or Farmer.
18	G	4 Sund. in Lent.	5	44	7	
19	a		5	42	7	Beware of too gross
20	b		5	40	7	food this Month, becaus
21	c	Benedictus.	5	38	7	that will encrease gros
22	d		5	37	7	and corrupted humors,
23	e		5	35	7	and this Month being
24	f	Quirinus.	5	34	7	so variable, is neither
25	G	5 Sund. in Lent,	5	33	7	good for Physick, or
26	a	and Lady-Day.	4	32	7	Blood-letting.
27	b		5	30	7	
28	c		5	28	7	Day is 13 hours 1 m.
29	d	Eustachius.	5	26	7	Purging drinks, such as
30	e	Guido.	5	24	7	*Sturgeon Grass*, are still
31	f		5	22	7	profitable.

Rom. Account. | Eng. Account.

Full Moon the 2 day, at midnight.
Last Quarter the 9 day, at 10 at night.
New Moon the 18 day, at 5 in the morning.
First Quarter the 25 day, at 7 at night.

Joints.

For pains in the Joints proceeding from some cold Cause, take this following.

Of *Ground Pine* two Drams, *Turpentine* two Drams, mingle these, and make a Bolus to take at once: This ought to be taken for about fifteen days together.

Another Decoction is made of the Wood of the *Mastick* Tree, to be taken for many days, with a slender Dyet as necessity shall require: Thus,

Take *Mastick wood* two Ounces, *Juniper* or *Misleto* of the *Oak* one Ounce, *Fountain Water* five Pints; cut the Ingredients, and infuse them for four and twenty hours, then add leaves of *Betony*, *herb Ivy*, *Rosemary*, of each an handful, boil them at a soft fire, till a third part be consumed, then strain it, and keep it for use; the Dose is six or seven Ounces at a time,

Anoint with the Oyl of *Roses* or *Fox Grease*, either of them very helpful.

Sinews.

For the *Sinews* over-cooled, these are profitable, *Germander*, *Castoreum*, the Brain of a *Hare* roasted, lesser *Centaury*, Root of S. *Johns Wort*, *Lavender*, *Myrrh*, *Pine Kernels*, *Dog Fennel*, *Primrose*, *Italian Spike*, *Sage*, and *Pitch smelling Trefoile*.

Fomentations of strong Wine, altered with any of these herbs, adding a little *Aqua-Vitæ*, are very profitable.

Ointments or *Oyls* may be made with ease for the pain of the *Sinews*, or the like, of the herbs aforesaid.

April hath XXX days.

Soft *April* Show'rs gently descend to bring
Forward the glorious and most joyful Spring.
Which with new Garments doth array the Earth,
And gives to Trees, and Fruit, their second Birth.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and sets.	
1	G	Palm-Sunday.	5 20 7	
2	a		5 17 7	Day is 13 hours 12 m.
3	b		5 14 7	Grateful and calm wea-
4	c	St. Ambrose.	5 12 7	ther ushers in this
5	d	Maun. Thursday.	5 10 7	Month, which may con-
6	e	Good Friday.	5 8 7	tinue for many days,
7	f		5 5 7	and forward the hope-
8	G	Easter-Day.	5 2 7	ful Spring.
9	a	Easter-Monday.	5 1 7	
10	b	Easter-Tuesday.	5 0 7	
11	c	Sol in Taurus.	4 58 8	Many cooling Showers
12	d		4 56 8	about this time.
13	e	Justinus.	4 55 8	
14	f		4 53 8	Day is 14 hours 6 m.
15	G	Low-Sunday.	4 51 8	Gentle Showers and
16	a		4 50 8	fine cool winds may
17	b		4 48 8	be expected towards
18	c		4 46 8	the latter end of the
19	d	Timothy.	4 44 8	Month.
20	e		4 42 8	Now you may both
21	f		4 41 8	make use of a good
22	G	2 past Easter.	4 39 8	Physician and an ex-
23	a	St. George M.	4 38 8	pert Chyrurgeon, the
24	b		4 35 8	one to cleanse your
25	c	St. Mark Evang.	4 33 8	body, and the other to
26	d	and Term begins.	4 31 8	drain away corrupt
27	e		4 29 8	blood, bleed now on
28	f		4 28 8	the right side because
29	G	3 past Easter.	4 26 8	blood encreaseth, and
30	a		4 24 8	it is encreased by the liver which lyeth on the right side.

Rom. Account. | Eng. Account.
1 11
2 12
3 13
4 14
5 15
6 16
7 17
8 18
9 19
10 20
11 21
12 22
13 23
14 24
15 25
16 26
17 27
18 28
19 29
20 30
21 M
22 2
23 3
24 4
25 5
26 6
27 7
28 8
29 9
30 10

Full Moon the 1 day, at 10 in the morning.
Last Quarter the 8 day, at 4 in the afternoon.
New Moon the 16 day, at 6 at night.
First Quarter the 24 day, at 1 in the morning.
Full Moon the 30 day, at 8 at night.

Eng. Account.	Rom. Account.	
1	11	
2	12	If rotten and black, they are made so by over-heating
3	13	or too cold things, or Sweet, or Sowre things.
4	14	An excellent way to preserve them is this, wash them
5	15	with Wine or Water, immediately after meat.
6	16	To make them white, mix the Spirit and Oyl of
7	17	*Vitriol* with Water, and wash the teeth therewith; al-
8	18	so a *Pumice* stone fired and quenched twice in white
9	19	Wine, and the third time fired, and so left until it be
10	20	cold; then powdered, and used, makes the teeth ex-
11	21	ceeding white; as also not fired will do.
12	22	The ashes of *Rosemary* Branches burnt, *Tobacco* ashes,
13	23	burnt Bread, or Oyl of *Vitriol* with honey of *Roses* will
14	24	certainly cleanse the teeth.
15	25	*Teeth Pains.*
16	26	The pain in the teeth either proceeds from a hot
17	27	or cold cause, or Worms therein bred; if from a hot
18	28	cause, take *Rose Water* two Ounces, *Vinegar* one Ounce,
19	29	mingle them together, and take a small quantity in
20	30	your mouth, and there hold it, or juice of *Plantain*,
21	M.	*Housleek*, *Lettuce*, or *Sorrel*.
22	2	Root of sharp *Docks*, cut in pieces, and put into
23	3	the aking tooth, helps wonderfully.
24	4	If from a cold cause, *Garlick* roasted in the Em-
25	5	bers, and put into the aking teeth, gives ease.
26	6	*Aqua Vitæ*, *Pepper*, *Juniper*, *Gum ana* half an Ounce,
27	7	*Rhenish Wine*, eight Ounces, boil and strain them, and
28	8	hold some of the strained liquor hot in your mouth.
29	9	
30	10	

May Dew can make the Ladies wondrous fair,
Besides 'tis wholesome to enjoy the Air;
Rise then ye Beauteous Creatures, and your Pleasure
Take, which surpasses all this Earthly treasure.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and set	
1	b	Philip and Jacob.	4 22 8	Fair weather at he be-
2	c		4 21 8	ginning,
3	d		4 19 8	Day is 15 hours 12 m.
4	e		4 17 8	
5	f		4 16 8	Which may probably in
6	G	4 past Easter.	4 14 8	some places change to
7	a		4 13 8	fine cooling Showers,
8	b		4 11 8	and forward the wel-
9	c		4 9 8	come Spring.
10	d	*Sol in Gemini.*	4 7 8	
11	e		4 5 8	Expect now Thunder
12	f		4 2 8	and Lightning in di-
13	G	Rogation-Sund.	4 0 8	vers places, which can-
14	a		3 59 9	not be of any long con-
15	b		3 57 9	tinuance.
16	c		3 55 9	Cooling winds and
17	d	Ascension-Day.	3 53 9	good weather.
18	e		3 51 9	Day is 15 hours 53 m.
19	f	Dunstan.	3 50 9	Continue your Cor-
20	G	6 past Easter.	3 49 9	respondence with your
21	a	Term Ends.	3 49 9	Physician, this Month
22	b		3 48 9	is proper for bathing,
23	c		3 48 9	purging, or bleeding,
24	d	Esther.	3 47 9	but beware of sudden
25	e		3 47 9	heats, and colds.
26	f	Augustine.	3 46 9	Walk the fields, and
27	G	Whit-Sunday.	3 46 9	take the air, for that is
28	a	Whit-Monday.	3 45 9	as good as Physick, or
29	b	Whit-Tuesday.	3 45 9	drink clarified Whey.
30	c	K. Charles 2 Nat.	3 44 9	
31	d	Ember Week.	3 44 9	Day is 16 hours 16 m.

Eng. Acc.	Rom. Acc.	
		Laſt Quarter the 8 day, at 10 in the morning.
		New Moon the 16 day, at 7 in the morning.
		Firſt Quarter the 23 day, at 8 in the morning.
		Full Moon the 30 day, at 5 in the morning.
1	11	
2	12	*Stomach.*
3	13	To heat the *Stomach*, all ſorts of *Wormwood* are
4	14	good, but eſpecially the common, and the Sea *Worm-*
5	15	*wood* the Peels and Seeds of *Oranges* and *Citrons*, bit-
6	16	ter *Almonds*, *Gentian* the leſs, *Mints*, *Origanum*, *Roſe-*
7	17	*mary*, and all *Spices*, amongſt which the beſt are *Zedo-*
8	18	*ary*, *Ginger*, *Galangal* and *Pepper*.
9	19	Take Herbs, *Wormwood*, *Calamint*, *Roſemary*, *Mints*,
10	20	of each one handful, Peels of *Oranges*, or *Citrons* one
11	21	Ounce, Seeds of *Annis* and *Cinnamon*. of each one
12	22	Dram, *Honey* one Pound, the beſt *White Wine* half a
13	23	Pound; boil all at a ſoft fire till the *Honey* be well
14	24	clarified, to the ſtrained liquor add the beſt *Vinegar*
15	25	half a Pound, boil them to a Syrrup; when it is cold,
16	26	caſt in *Ginger* finely powdered two Drams, of this take
17	27	three Spoonfuls faſting.
18	28	Alſo it is good for a cool Stomach to take every
19	29	day in a rear Egg, one Dram of *Maſtick* in Powder,
20	30	with a little *Ginger* or *Zedoary*.
21	31	To cool the Stomach when too hot, theſe are good,
22	Ju	namely, the juice of *Oranges*, ſowre *Grapes*, *Barber-*
23	2	*ries*, ſharp *Cherries*, the fruit of *Cornus*, *Quinces*, ſharp
24	3	*Apples*, unripe *Mulberries*, ſharp *Pears*, wild *Plums*,
25	4	baſtard *Corinths*, *Roſes*, *Services*, *Sorrel*, *Trifoly*, *Gooſe-*
26	5	*berries*, ſharp *Wine* well mingled with *Water*, and the
27	6	like; any Decoctions of theſe herbs may be very ſea-
28	7	ſonable.
29	8	For pain in the Stomach take two Ounces of black
30	9	*Pepper* groſly beaten, and put it in ſix or eight Oun-
31	10	ces of *Aqua vitæ*, and ſo let it ſtand in a long-neckt
		Bottle for about 11 days, and then there will be a
		reddiſh tincture, which ſeparate from the reſt, and take
		of it five or ſix drops, in Beer or Ale, in a morning
		faſting.

June hath XXX days.

Be as abſtemious as thou canſt, beware
This Month of Fogs, and an infectious Air;
Sallets this ſeaſon loves, and they indeed
Are far more wholſome, than to purge or bleed.

Month Days.	Week Days.	Saints and Feſtival Days.	Sun riſe and ſets.	
1	e		3 43 9	
2	f		3 43 9	Day is 16 hours 25 m.
3	G	Trinity Sunday.	3 42 9	
4	a		3 42 9	This Month may pro-
5	b		3 41 9	bably begin cooler than
6	c		3 41 9	ordinary for the ſeaſon
7	d		3 40 9	of the year, but in a
8	e	Term begins.	3 40 9	few days it changeth to
9	f		3 39 9	
10	G	1 after Trinity.	3 39 9	Day is 16 hours 36 m.
11	a	St. Barnabas.	3 39 9	
12	b	*Sol in Cancer.*	3 39 9	heat, which may be ſe-
13	c		3 39 9	conded with ſome
14	d		3 39 9	Thunder, which will
15	e		3 39 9	infallibly clear the Air,
16	f		3 39 9	and thence to the end
17	G	2 after Trinity.	3 39 9	of the whole Month ex-
18	a		3 40 9	pect good ſeaſonable
19	b		3 40 9	and pleaſant Summer
20	c		3 40 9	Weather:
21	d		3 41 9	Meddle with no Phy-
22	e		3 42 9	ſick this Month, but
23	f		3 43 9	rather drink ſome cool-
24	G	3 after Trinity.	3 45 9	ing Liquors, as Burnet
25	a	St. John Baptiſt.	3 47 9	or Borrage in your or-
26	b		49 9	dinary Drink.
27	c	Term Ends.	3351 9	
28	d		3 53 9	Day is 16 hours 8 m.
29	e	St. Peter Apoſt.	3 55 9	
30	f		3 56 9	

Rom. Acco.	Eng. Acco.
1	11
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18	28
19	29
20	30

Last Quarter the 7 day, at 2 in the Morning.
New Moon the 14 day, at 5 at Night.
First Quarter the 21 day, at Noon.
Full Moon the 28 day, at 5 at Night.

Eng. Acco.	Rom. Acco.	
1	11	*Heart.*
2	12	For the Heart overcooled, these Herbs following
3	13	are of singular use: Pills of *Oranges*, Sweet *Angeli-*
4	14	*ca*, *Marigolds*, *Mountain Calamint*, *Clove-Gilleflowers*,
5	15	the Herb *Cardiaca*, Herb *Tennet*, Lillies of the Val-
6	16	lies, ground *Ivy*, *Lavender*, *Balm*, *Mints*, all sorts
7	17	of *Brazil*, Root of *Butterbur*, *Rosemary*, Spike of
8	18	*France* and *Italy*, *Meadsweet*, or the like.
9	19	Of any of these aforesaid Herbs may be made *Syr-*
10	20	*rups*, *Decoctions*, *Electuaries*, or *Powders* for that pur-
11	21	pose, As,
12	22	Take Roots of *Gentian* and *Juniper* Berries, *Myrrh*,
13	23	Roots of round *Aristolochia*, of each two Ounces,
14	24	clarified Honey two pound, mix and make an *Electua-*
15	25	*ry*, of which take the quantity of a Nutmeg every
16	26	Morning.
17	27	Also you may make an excellent Physical Wine after
18	28	this manner.
19	29	Take Herbs, mount *Calamint*, *Carduus-Sanctus*,
20	30	*Scordium*, *Goats-Rue*, *Lavender*, *Balm*, *Rosemary*, of
21	Ju	each one handful; Roots of *Avens*, white *Dictamnus*,
22	2	*Master-wort*, *Orange Pills*, of each one Ounce; *Myrrh*,
23	3	*Cinnamon*, *Cloves*, of each half an Ounce; *Saffron*
24	4	one Dram; beat them apart into a Powder, then
25	5	put them into an *Hippocras Bag*, and pour on the
26	6	Powder the most pleasant White-wine six pound, five
27	7	or six times; of this take about two Ounces at once,
28	8	if you use *Aqua Vitæ* instead of Wine, it will be more
29	9	effectual.
30	10	For outward Remedies, prepare bags of the said Herbs and Spices, and wear them on the Region of the Heart,

July hath XXXI days.

Now let the honeſt Conntry Farmer take
His crooked Scythe and Sickle, Fork and Rake,
And if Laſie young Knaves in corners lurk,
Tell them they muſt not eat who will not work.

Month Days.	Week Days.	Saints and Feſtival Days.	Sun riſe and ſets	
1	G	4 after Trinity	3 56 9	Day is 16 hours 6 m.
2	a		3 57 9	This Month is likely to
3	b		3 58 9	begin with cooling and
4	c		3 59 9	refreſhing ſhowrs, which
5	d		4 0 8	may perhaps in many
6	e		4 1 8	places laſt longer than
7	f		4 2 8	is uſual in theſe Months.
8	G	5 after Trinity	4 3 8	
9	a		4 4 8	More moderate and
10	b		4 5 8	better weather about
11	c		4 7 8	this time.
12	d	*Sun in Leo.*	4 9 8	Day 15 hours 30 m.
13	e		4 11 8	And I hope I ſhall
14	f		4 12 8	not need to admoniſh
15	G	6 after Trinity	4 13 8	the honeſt Country-
16	a		4 15 8	man of his duty, name-
17	b		4 17 8	ly, to make hay whilſt
18	c		4 18 8	the Sun ſhines.
19	d	Dog days begin	4 19 8	
20	e	Elias.	4 21 8	About the latter end
21	f		4 23 8	of this Month, inſtead
22	G	7 after Trinity	4 25 8	of Phyſick, Drink ſome
23	a		4 27 8	purging Waters, as
24	b		4 29 8	*Tunbridge, Epſome, Dul-*
25	c	St. James.	4 30 8	*wich*, or the like. *Sage*
26	d		4 32 8	*Ale* is not unwhole-
27	e		4 33 8	ſome.
28	f		4 35 8	
29	G	8 after Trinity	4 36 8	
30	a		4 37 8	Day 14 hours and 50
31	b		4 39 8	minutes long.

Last Quarter the 6 day, at 7 at night.
New Moon the 14 day, at 2 in the morning.
First Quarter the 20 day, at 6 at night.
Full Moon the 28 day, at 8 in the morning.

Liver.

If you would know whether you are troubled with obſtructions of the Liver, obſerve if after exerciſe, or meat, you feel a pain in your Liver, if when you aſcend a ſteep place you are preſſed with an unuſual difficulty of breathing, if there ſeems to be weight and heavineſs thereupon, conclude the Liver diſaffected; if not, otherwiſe.

Remedies.

For the Liver overcooled theſe are convenient, *Wormwood*, *Agrimony*, *Germander*, all the *Gentians*, *Lavender*, the Wood and Berries of *Juniper*, *Poley*, *French* and *Italian Spike*, to which add Spices and ſtrong *Diureticks*, that is Remedies provoking Urine, you may make Wines and Drinks comfortable for the Liver, of any of theſe herbs infuſed in Wine, or Beer.

Take *Juniper Wood* one Pound, tops of *Wormwood* one handful, Wine and Honey as much as will ſuffice to make it into the conſiſtence of a Surrup, which muſt be done by Decoction, and ſo take of it as occaſion requires.

For the Liver over hot, *Sorrel*, *Succory*, *Endive*, *Liverwort*, *Hawkweed*, *Barley*, all ſorts of *Docks*, *Lettuce*, *Milk*, (if no obſtructions or Feavers) *Pulp* and Seeds of *Apples*, *Purſlain*, *Wilde Endive*, *Sow-Thiſtle*, *Dandelyon*, *Sorrel*, *Trefoyle*.

Of theſe may be made Decoctions, either with Water or Broth, and uſed for the ſame.

Gentle Purges in obſtructions of the Liver are not unſafe, bleeding is commended if there be fullneſs of blood.

Tartar Vitriolate is profitable, let the Diſtemper come from either hot or cold Cauſes.

When the ſick hath taken any opener, the moſt proper way is for him to lye on his right ſide. Surrup of *Liverwort* alone is very profitable.

Much Sleep, much Wine, much Meat, are hurtful now,
Wounds are incurable, and be ſure do thou
Admit of no Phyſicians Rules, but keep
Thy ſelf this Month from Women, Wine, and Sleep.

Month Days.	Week Days.	Saints and Feſtival Days.	Sun riſe. and ſets.	
1	l	Lammas Day.	4 41 8	Day 14 hours 45 minutes long.
2	d		4 42 8	
3	e		4 44 8	
4	f		4 45 8	'Tis very likely to prove as happily for the Farmer, as his Heart can wiſh, by reaſon of good ſeaſonable weather.
5	G	9 after Trinity.	4 46 8	
6	a		4 48 8	
7	b		4 49 8	
8	c		4 51 8	
9	d		4 53 8	
10	e		4 55 8	But repine not if it change now and then into cooling ſhowers.
11	f	*Sol in Virgo.*	4 57 8	
12	G	10 after Trinity.	4 59 8	
13	a		5 1 7	
14	b		5 3 7	Day is 13 hours 54 m.
15	c		5 4 7	
16	d		5 6 7	which are not likely to prejudice his harveſt or honeſt labours.
17	e		5 7 7	
18	f		5 9 7	
19	G	11 after Trin.	5 11 7	I wiſh there be no danger of ſome more than ordinary Diſtempers this Month, by reaſon of the extremity of heat.
20	a		5 13 7	
21	b		5 15 7	
22	c		5 17 7	
23	d		5 19 7	
24	e	St. Bartholom.	5 21 7	
25	f		5 23 7	Phyſick is not yet ſeaſonable, nor blood-
26	G	12 after Trin.	5 25 7	
27	a		5 27 7	
28	b	Dog days end.	5 29 7	Day is 12 hours 58 m.
29	c		5 31 7	
30	d		5 33 7	letting, unleſs in extraordinary dangers.
31	e		5 35 7	

Rom.	Acco.	
		Laſt Quarter the 5 day at 11 in the Morning.
		New Moon the 12 day, at 9 in the Morning.
		Firſt Quarter the 19 day, at 2 in the Morning.
		Full Moon the 26 day, at 10 at Night.
1	11	
2	12	
3	13	
4	14	
5	15	
6	16	
7	17	
8	18	
9	19	
10	20	
11	21	
12	22	
13	23	
14	24	
15	25	
16	26	
17	27	
18	28	
19	29	
20	0	
21	31	
22	Se.	
23	2	
24	3	
25	4	
26	5	
27	6	
28	7	
29	8	
30	9	
31	10	

Spleen.

For the Spleen overcooled, Seeds of *Agnus Caſtus*, *Borrage*, *Bugloſſe*; Roots and Rinds of *Cappars*, *Stone-Fern*, *Dodder*, Root of *Fern*, Seed and Bark of *Aſh-trees*, *Fumitory*, the ripe berries of *Ivy* of the Wall, *Harts-tongue*, the Flower and Root of *Hops*, Root of *Water-Fern*, *Tamariſk*, *Tyme*, *Teverium*. The Powder of theſe may be drank to one Dram, for Forty Days in *Wormwood Wine*, or *Steeled Wine*, or *Steeled-Beer*: Of theſe may be made *Decoctions*, *Electuaries*, or *Syrrups*, to be taken at any time before Meat, or ordinary Exerciſe; as in *Example*:

Take Leaves of *Germander*, *Dodder*, *Wall-Fern*, *Fumitory*, *Bugloſſe*, of each one handful; Seeds of *Aſh*, Berries of *Ivy* of the Wall, of each two Drams; *Tyme*, and *Wormwood*, of each one *Pugil*, Steel prepared one Ounce; The beſt *White-wine*, three pints; make an infuſion in the Sun; or ſome hot place, for eight days, ſtirring it always once and again, then ſtrain the Wine, and take every day four Ounces before Meat, &c.

For the *Spleen* overhot, the ſame may ſerve that were preſcribed for the Liver, to which add *Strawberries*, *Maiden-hair*, *Hops*, *Sparagus*, *Trichomanes*, *Vinegar*, Smiths Water clarified; with which Decoctions are altered, and made proper to cool the *Spleen*.

To all outward Fomentations forget not to add *Wormwood* to ſtrengthen the part.

For the hardneſs of the *Spleen*.

Take *Fern* Roots one Ounce, of *Dodder* half an Ounce, boyl them in a pound of *Whitewine* and *Beer* mixt, to the waſting of the Third part; ſtrain it out, and drink it at twice ſeveral mornings. This ought to be continued for about 15 days.

Now Purge and Bleed, fear not to ask advice
Of a Physician who is Grave and Wise:
Pay well, if such an one thou chance to have,
He may perhaps preserve thee from the Grave.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and sets.	
1	f		5 37 7	
2	G	13 aft. Trin.	5 39 7	Day 12 hours 46 m.
3	a	London Burnt.	5 42 7	This Month will, I
4	b		5 45 7	believe, prove a great
5	c		5 48 7	Changeling, for it is
6	d		5 51 7	wholly attended with
7	e		5 53 7	great variety of Wea-
8	f		5 55 7	ther; though the first
9	G	14 aft. Trin.	5 56 7	Week or two may be
10	a		5 58 7	more than ordinary tur-
11	b	*Sol in Libra.*	6 0 6	bulent, yet expect bet-
12	c		6 2 6	ter about the middle
13	d	Ember-Week.	6 3 6	thereof.
14	e	Holy Rood.	6 5 6	
15	f		7 6	Day 11 hours 45 min.
16	G	15 aft. Trin.	6 9 6	And good seasonable
17	a		5 11 6	Veather may conclude
18	b		5 13 6	the Month.
19	c		5 15 6	Now begin again to
20	d		5 17 6	ingage thy Physician to
21	e	S. Matthew.	6 19 6	be so kind to thee, as to
22	f		5 21 6	bestow such Medicines
23	G	16 aft. Trin.	6 23 6	as may prevent Distem-
24	a		5 25 6	pers the Winter season
25	b		6 27 6	which is now coming
26	c		6 29 6	on; and a Disease once
27	d		6 31 6	got in the fall of the
28	e		6 32 6	Leaf, will hardly be
29	f	S. Michael.	6 33 6	removed till the Spring.
30	G	17 aft: Trin.	6 34 6	Day 11 hours.
				Blood-letting is sea-
				sonable.

Eng. Acco.	Rom. Acco.
	Laſt Quarter 3 day at Midnight.
	New Moon the 10 day, at 6 at Night.
	Firſt Quarter the 17 day, at 1 in the Afternoon.
	Full Moon the 25 day at 4 in the Afternoon.
1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20
11	21
12	22
13	23
14	24
15	25
16	26
17	27
18	28
19	29
20	30
21	Oc.
22	2
23	3
24	4
25	5
26	6
27	7
28	8
29	9
30	10

Lungs.

For the Lungs that are over-hot, drink Mineral Waters, that proceed from Copper and Vitriol, as alſo from Iron and Steel.

A Decoction for the ſame may be thus made.

Take Red Sanders, or Roſe-wood, cut ſmall, five ounces, Roots of Succory and Barley, of each half an Ounce, Fountain Water ſteeled, two pound, make Infuſion fifteen hours, then let them boyl till half be conſumed, ſtrain them, and drink it at twice. By the uſe of this Decoction hot Bodies that are ſubject to Conſumption may be preſerved from it; as alſo from ſpitting of Blood.

If they are over cold.

Take of the beſt Figgs, as many as you pleaſe, and ſteep them in good *Aqua vitæ* till they ſwell, and eat two or three in a morning faſting, and at Night going to Bed.

Or the Water of Hot Baths, that proceed from Brimſtone, drunk.

Or the Decoction of *Enula Campane*, Colts-foot, Hyſop, Hore-hound, Lungwort, Savory, Time, which Decoction will he more effectual, if made with an Old Cock ſtuffed with theſe Herbs; and ſweet Metheglin may be altered with the ſame for ordinary Drink, of which may be taken two Ounces every Morning.

Or one Dram of Brimſtone, but eſpecially that which is prepared, and brought into fine Powder, taken in a rear Egg, is as powerful in Operation, if not more effectual than any of the former.

Outwardly Brimſtony Baths profit very much, and to ſtay long about ſuch Baths of Brimſtone, in an Air that hath a drying force.

October hath XXXI days.

This Month take little Physick, eat no raw
And unripe Fruit, lest on your self you draw
Winter diseases, which bide firm, and sure,
Until the Spring admitting of no cure.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and sets.			
1	a		6	35	6	Day ten hours 49 m.
2	b		6	38	6	
3	c		6	40	6	Indifferent temperate weather begins the Month, which cannot be expected to continue long.
4	d		6	42	6	
5	e		6	44	6	
6	f		6	46	6	
7	G	18 after Trin.	6	47	6	
8	a		6	49	6	
9	b		6	52	6	Expect Wind and, rain about this time, if not some Snow or Sleet.
10	c	*Sol in Scorpio.*	6	54	6	
11	d		6	56	6	
12	e		6	58	6	
13	f		7	0	5	
14	G	19 after Trin.	7	2	5	Day is 9 hours 48 min.
15	a		7	3	5	
16	b		7	5	5	The Air which before was disturbed may now perhaps clear up again, and continue so to the end.
17	c		7	7	5	
18	d	St. Luke Evan.	7	9	5	
19	e		7	11	5	
20	f		7	13	5	
21	G	20 after Trin.	7	15	5	This Month is a fine time to follow after Hunting, or the like active exercise.
22	a		7	18	5	
23	b	Term begins.	7	19	5	
24	c		7	21	5	
25	d	Crispin and Crispian.	7	23	5	You may eat more plentifully this Month than the foregoing, but yet overburthen not thy self.
26	e		7	25	5	
27	f		7	27	5	
28	G	21 af. Trin. and	7	29	5	
29	a	St. Sim. & Jude.	7	31	5	
30	b	Absolom.	7	32	5	Day is 8 hours 58 min.
31	c		7	33	5	Go now warmly clad.

Eng. Acco.	Rom. Acco.
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
1	N.
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

Laſt Quarter the 3 day, at 11 before Noon.
New Moon the 10 day, at 3 in the Morning.
Firſt Quarter the 17 day, at 5 in the Morning.
Full Moon the 25 day, at 10 before Noon.

Belly.

For Fluxes of the Belly.

Take the juice of the greater Houſleek, and ſpotted Arſmart of each three Ounces; boil them to the conſumption of a third part, and give it in any ordinary drink.

Or take a large Quince and make a hole therein, and put into it white Wax, and wrap Paper about it, and ſo roſt it, and when it is enough, ſtrow upon it the Powder of unripe Mulberries, and ſo give it before Meat.

Or boil ſome Iſing-glaſs, *Venice Treacle* in Milk; and take a ſmall quantity thereof at a time, and if it ſtops the Flux too faſt, eat ſome ſtewed Prunes to keep your Guts open.

For Coſtiveneſs.

Take Herb *Dodder* one Ounce, tops of common Wormwood two Pugils, or two Drams, common Water ten Ounces, let all be boiled to the conſumption of half, add to them about the end, Seeds of *Annis*, or Fenuel groſsly bruiſed, half a Dram, ſtrain it for one draught; If you boyl under half an Ounce of *Dodder*, it opens only.

To purge more violently.

Take *Hermodactils*, and *Agarick* prepared, of each one Scruple and an half, Ginger ſix Ounces; make a Powder, and with Honey, or *Oximel* form it into Pills.

Things that looſen, and nor purge, are,

The young Sprouts of Hops, that firſt come forth boiled, and ſeaſoned with Oyl and Salt.

Theſe Herbs boyled as Potherbs, and their decoctions are profitable; namely Sorrel, Atriplex, Blites, Lettuce, all kind of Sorrel, Mallows, and the ſtalks thereof Spinach. They are more looſning if boyld with Raſins in fat Broth, or ſeaſoned with Oyl and Sal.

November hath XXX days.

Good Cloaths, good Drink, and good found Victuals
If thou wouldst keep out of the dangerous Net (get,
Of ill Diseases; which with cross-grain'd Wives,
Lengthen Mens Sorrows, but curtail their Lives.

Month Days.	Week Days.	Saints and Festival Days.	Sun rise and sets.	
1	D	All Saints.	7 35 5	
2	e	*All Souls.*	7 37 5	
3	f		7 39 5	Day is 8 hours 52 m.
4	G	22 aft. Trin.	7 41 5	
5	a	Powder Plot.	7 43 5	Sharp cold Air begins
6	b		7 45 5	this Month, which in all
7	c		7 47 5	likelihood will in a few
8	d		7 49 5	days turn to Snow or
9	e	Theodore.	7 51 5	Hail, but of no long
10	f		7 53 5	continuance.
11	G	23 aft. Trin.	7 55 5	
12	a	*Sol in Sagit.*	7 56 5	Look now for raw
13	b		7 57 5	dark cloudy weather.
14	c		7 59 5	
15	d	M. Kath. born.	8 1 4	Day is 8 hours 10 m.
16	e		8 3 4	
17	f		8 5 4	The latter is likely to
18	G	24 aft. Trin.	8 7 4	produce pure clear, yet
19	a	Carol. I Nat.	8 9 4	cold Frosty Weather.
20	b		8 10 4	
21	c		8 12 4	This Month increase
22	d	Cecilia.	8 14 4	thy Dyet, and keep
23	e	Clemens.	8 16 4	warm, and beware of
24	f		8 18 4	any Surfeits, for they
25	G	25 aft. Trin.	8 19 4	are commonly dange-
26	a		8 20 4	rous.
27	b		8 20 4	Beware of eating much
28	c	Term Ends.	8 21 4	raw fruit.
29	d		8 21 4	Day is 7 hours 44 m.
30	e	St. Andrew.	8 22 4	

Eccl. Acco.	Rom. Acco.
1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20
11	21
12	22
13	23
14	24
15	25
16	26
17	27
18	28
19	29
20	30
21	D
22	
23	
24	
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27	
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29	
30	

Last Quarter the 1 day at 9 at Night.
New Moon the 8 day, at 1 in the Afternoon.
First Quarter the 15 day, at 11 at Night.
Full Moon the 24 day, at 2 in the Morn.

Eng. Acco.	Rom. Acco.
1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20
11	21
12	22
13	23
14	24
15	25
16	26
17	27
18	28
19	29
20	30
21	D.
22	2
23	3
24	4
25	5
26	6
27	7
28	8
29	9
30	10

Back.

For the pain of the Back.

Take Oyl Olive the best two pound, Red Lead the best one pound, White Lead well beaten into Powder, one pound, of *Spanish Soap* XII Ounces, and incorporate them all together in an Earthen Pipkin (well glazed) before you put it to boyl; and when they be incorporated that the Soap comes upwards, then put them upon a small Fire of Coals, continuing the same Fire the space of an hour and a half, stirring it with a Stick, then make the Fire somewhat bigger, till the redness be turned into a Gray colour, but you must not leave stirring of it, 'till it be turned to the colour of the Oyl, or somewhat darker; then drop it upon a Table, if it stick not it is enough, cool it into rolls, and when need requires lay a Plaister thereof to the Back.

Reins.

Stone in the Reins,

Take Marsh-mallows two Drams, great Raysins stoned, three Drams, *Veronica* and ground Ivy, of each one Pugil, boil them well together, and give a draught thereof.

Or take juice of Purslain thickned one Dram; Gum *Arabick*, half a Dram; make Pills, and take.

Or anoint the part affected with Blood of a Goat or Kid hot, or Oyl of *Scorpions*, and let the Party afflicted ride upon a trotting Horse, or go up Stairs often till weary, which may probably move the Stone.

Or anoint with Oyl of sweet Almonds.

Whitewine altered with Camomile, or Betony, and drunk, is exceeding prevalent.

As also outwardly Oyntments with Oyl of Bays.

Or to sit in Baths that proceed from Sulphur.

December hath XXXI days.

This Month *December*-like proves cold, but be
Not (thou that haſt ſtore) cold as Charity,
But Feaſt thy honeſt Neighbours, and the poor,
Bleſs God, and he'l no doubt encreaſe thy ſtore.

Month Days.	Week Days.	Saints and Feſtival Days.	Sun riſe and ſet.	
1	f		8 22 4	Day is 7 hours 40 m.
2	G	Advent Sunday.	8 23 4	
3	a		8 23 4	
4	b	Barbara.	8 23 4	This Month *December*-like is very nipping and cold, with Froſt, Snow or Hail, and like to continue for ſome time.
5	c	Sabina.	8 24 4	
6	d		8 24 4	
7	e		8 24 4	
8	f	Conception V. M.	8 24 4	
9	G	2 Sund. in Adv.	8 24 4	
10	a		8 24 4	
11	b	*Sol in Capricorn.*	8 25 4	
12	c	Lucia Virg.	8 25 4	Day is 7 hours 34 m.
13	d		8 25 4	
14	e	Ember Week.	8 25 4	
15	f	Abraham.	8 25 4	Now the Weather may poſſibly be leſs winterly, yet cold enough.
16	G	3 Sund. in Adv.	8 25 4	
17	a		8 25 4	
18	b	Chriſtopher.	8 25 4	
19	c	Lot.	8 24 4	
20	d		8 24 4	Froſt and nipping Winds, which may in all probability conclude the Year.
21	e	St. Thomas.	8 23 4	
22	f		8 22 4	
23	G	4 Sund. in Adv.	8 21 4	
24	a		8 20 4	
25	b	Chriſtmas Day.	8 19 4	Uſe Kitchen Phyſick, Feaſt thy Friend. Thank God for all, And here's an End.
26	c	St. Stephen.	8 16 4	
27	d	St. John.	8 15 4	
28	e	Innocents.	8 13 4	
29	f	Jonathan.	8 11 4	Day is 7 hours 48 m.
30	G		8 9 4	
31	a	Sylveſter.	8 6 4	

Last Quarter the 1 day, at 4 in the Morning.
New Moon the 8 day, at two in the Morning.
Firſt Quarter the 15 day, at 9 at Night.
Full Moon the 23 day, at 5 at Night.
Laſt Quarter the 30 day, at 2 Afternoon.

Engl. Accom.	Rom. Accom.	
1	11	*Wounds.*
2	12	The Oyl of St. *Johns-wort* made by ſtanding in
3	13	the Sun is accounted a great Healer.
4	14	So is this following. Take *Bolearmoniack*, Maſtick,
5	15	Dragons Blood, Frankincenſe, of each one Scruple,
6	16	Gum *Tacamahac* two Drams, make a Plaiſter to Gluti-
7	17	nate.
8	18	For old Wounds.
9	19	Take the juice preſſed out of the Marſhmallows,
10	20	Roots and all, ſix Ounces, Oyl of Elder four Ounces,
11	21	Crude Roch-Allom one Ounce: boyl them at a gen-
12	22	tle Fire, to a mean conſiſtence, add new Wax one
13	23	Ounce and a half, mingle them, and keep them for
14	24	uſe.
15	25	All foul Ulcers or Wounds that are in danger of a
16	26	Gangreen, are happily cured by this following Balſom,
17	27	if Lint be dipt in it, and applied to the Wound.
18	28	Take Flower of Brimſtone three Ounces, compleat
19	29	Oyl of Roſes half a pound, the beſt red Wine four
20	30	Ounces; let them infuſe for eight days at a gentle
21	31	Fire, always ſtirring it till the Wine be conſumed,
22	Ja. 1	then ſtrain it, and diſſolve therein two Ounces of
23	2	the beſt Turpentine, mingle them, and keep it for uſe.
24	3	To fill up an Ulcer with Fleſh. Take ten Yolks
25	4	of Eggs, clear Turpentine, half a pound, mingle
26	5	them with a wooden Spatula to an Oyntment, in the
27	6	ſame Veſſel they muſt be boyled, and this will be in
28	7	half a quarter of an hour, then add Honey to the
29	8	weight of them all, ſtir them ſtrongly that they clotter
30	9	not, then boyl them at an eaſie Fire, moving them
31	10	conſtantly, then increaſe your Fire, till they become
		of a blackiſh colour; ſo cool it, and keep it.

An excellent Remedy to cut Phlegm.

TAke Leaves of Bettony, Agrimony, Wormwood, Fumitory, Cinquefoyle, of each one handful; Hyſop, Horehound, and Tyme of each an handful and a half; Roots of Sparagus, Fennel, Parſley, of each one Ounce, Fountain Water four pound, Honey two pound: Let them boyl at a very ſoft Fire, till the Honey be clarified perfectly, then ſtrain them, and add of the beſt Vinegar one pound, Anis Seeds two Drams, Cinnamon and Ginger, of each one Dram: Boyl all at a gentle Fire to a Syrrup, then ſtrain all again through a wide Cloth, ſo keep it for uſe. Of this take half an Ounce at a time, *&c.*

For an Ague.

Take about the Quantity of a Nutmeg of *Venice* Treacle, in a quarter of a pint of Whitewine, a little before the Fit come, and go to Bed, and be covered warm to ſweat.

Or apply Nutmeg grated, and Turpentine to the Wriſts.

To cleanſe the Skin and take out Spots.

Take black Soap diſſolved in a ſtrong Lye, 2 Ounces, *Borax*, 2 Drams, boil them till they be thick, then add the husks of Beans finely powdered half an Ounce, common Oyl two Ounces, mix them diligently till they be united, and make a kind of Soap, with which anoint the place Morning and Evening.

For the ſame.

Or take the Bloſſoms of White-thorn, the Bloſſoms of Beans, and the Bloſſom of Elders, of each a like Quantity, diſtill them, and with the Water waſh your Face.

For a Canker in the Mouth.

Take Honey of Roſes, Plantain Water, and Syrrup of Mulberries, of each an equal proportion, mingle them together, and waſh your Mouth therewith.

For the Piles.

Take Red Roſe Leaves, and dry them to Powder, and mingle them with Honey and Boars Greaſe, and ſpread them upon a Cloth, and lay to the Place; and as you ſee occaſion apply another.

A Chronology.

The Creation of the World,	5632
Noah was born,	4576
Abraham was born,	3684
Moses was born,	3258
Sampson was born,	2842
Samuel was born,	2782
David reigned,	2743
Zedekiah was taken Prisoner,	2469
Alexander the Great,	2013
Julius Cæsar conquer'd *England*,	1736
Christ was born,	1683
Rome was burnt by *Nero*,	1621
England first receiv'd the Christian Faith,	1480
Scotland first receiv'd the Christian Faith,	1506
The Tower of *London* built,	1114
The *Danes* came first into *England*,	664
The Conquest of *England* by *Will* Conquerour,	615
Pauls Church in *London* built,	597
Westminster-Hall built,	583
London-bridge built with Stone,	494
The first Mayor of *London*,	493
The Order of the Garter instituted,	339
Guns were invented,	143
Coaches first us'd in *England*,	145
The *Royal-Exchange* first built,	118
The *Spanish* Armado destroy'd by *Drake*,	95
A Plague in *London*, whereof dyed 30598,	80
The Gun-powder-Treason,	78

Since

A Plague in *London*, of which dyed 35418,	53
The Earl of *Strafford* Beheaded,	42
The great Battle at *Edge-hill*,	41
Brainford-Fight,	40
The fatal Battle at *Naisby*, *June* 14.	38
That pious Monarch *Charles* I. Beheaded,	35
Worcester-Fight, *Sept.* 3.	32
O. Cromwel dyed, *Sept.* 3.	25
General *Monk* marched to *London*,	24
K. *Charles* II. arriv'd at *London*, *May* 29.	23
Harrison and the other Regicides Executed,	23
King *Charles* II. married,	21
The first great Sea-fight with the *Dutch*,	18
The dreadful Plague in *London*, whereof dyed 68586 in that year; In all 97351,	18
The great Fire in *London* (on *Sept.* 2, 3, and 4.) which consumed no less than 13200 houses,	17
The Duke of *Albemarl* dyed,	13
London Re-built,	12
The *English* fought the *Dutch* at Sea, under the Conduct of His Highness Prince *Rupert*,	9
The last Peace with the *Dutch*,	9
Southwark burnt,	5
The first Discovery of the *Popish Plot*,	5
The Lord *Stafford* was Beheaded for the same,	2

Physiognomy.

The Head	Great,	Denotes a Man to be	Of a dull wit.
	Very little,		Foolish.
	Mean,		Of a good wit.
	Sharp-pointed,		Unshamefac'd.
	The Hair staring,		Fearful.
	The hair down-right,		Simple.
	The hair much curl'd,		Fearful and malicious.
	Curl'd at the end only		Of a good Courage.
The Forehead	Very small,	Denotes One	Indocible.
	Round,		Very dull.
	Long,		Flatterers.
	Square,		Courageous.
	Smooth,		Lascivious.
	Rough,		Hardy.
	Hanging down,		Jealous.
The Ears	High,	Denote One.	Liberal.
	Small,		Jocose.
	Great,		Dull.
	Hanging,		Foolish.
	Mean,		Of good wit.
	Close-joyned,		Sad.
	Open,		Foolish.
	Sort,		Courageous.
	Thin and hard,		Slovenly.
	Thick,		Simple.
The Eyes.	Very little,	Denote One	Faint-hearted.
	Very great,		Slothful.
	Mean,		Well-disposed,
	Far in the head,		Malicious,
	A little in the head,		Courageous.
	Bolt out of the head,		Foolish.
	Oft winking,		Fearful.
	Red,		Angry.
	Very black,		Fearful,
	Blew,		Gluttonous.
	Yellowish,		Furious.
	Sparkling,		Merry.
	Of many colours,		Low-spirited.
	Bright and clear,		Leacherous.

The Noſe	Round,	Denotes One	Courageous.
	Like a Hawks-bill,		Stout.
	Bottle-nos'd,		Covetous.
	Sharp at the end,		Angry.
	Flat there,		Leacherous.
	Wide,		Paſſionate.
	Narrow,		Fearful.
Face	Mean,	Denotes One	A good wit.
	Round,		Fooliſh.
	Very great,		Gluttonous.
	Very little.		Crafty, Injurious.
	A lean Face,		Penſive.
	Fat Face,		A ſharp wit.
	Pale,		Melancholly.
	White and red,		Courageous.
	Freckl'd,		Witty, and Angry.
	Somewhat brown,		Subtle.
The Chin	Sharp-pointed,	Denotes One	Faithful.
	With a rough Node,		Liberal.
	Long,		Fearful.
	Slender,		Weak.
	Fleſhy,		Angry.
	Short,		Deceitful.
	Mean,		Courageous.
	Dimpled,		Cleanly, & Modeſt.
Neck	Long and ſmall,	Denotes One	Fearful.
	Thick and ſhort,		Wanton.
	Hairy,		Strong.
	Smooth,		Effeminate.
	The Node of the Neck long,		Injurious, and Unfaithful.
Breaſt	Broad,	Denotes One	Liberal,
	Narrow,		Weak, and Covetous.
	Lank and lean,		Melancholly.
	Hairy,		Inconſtant.
	Without Hair,		Shameleſs.
	Fleſhy,		Merry.
Thighs	Full of Sinews,	Denote One.	Strong.
	Small,		Adulterous.
	Great,		Immodeſt.

Legs	Full of Sinews, Fleshy, Streight, Crooked,	Denote One	Strong. Weak. Active. Ill-natured.
Arms	Long, Short, Shoulders thin, Elbows sharp, Arms Sinewy, and full of Veins,	Denote One	Nimble. A lover of Discord, A Deceiver. Weakly. Strong, but a Boaster.
Hands, & Fingers	The Palm long, Short, and thick, Sweaty, Dry, Crooked,	Denote One	Apt to learn. Rude, Incontinent. Temperate. Ill-conditioned.
	Fingers long, Short and thick, Soft, Hard,		Ingenious. Deceitful. Docible. Clownish.
Nails	White, Broad, and reddish, Narrow, Long, Crooked,	Denote One	Innocent. Of a good Judgment. Cruel. Simple. Impudent.
Lips	Little Lips, Blabber-lips, Somewhat thin, Of a mean size, Thin upper, and thick lower-Lip,	Denote One	Fearful. A Babler. Politick. Good-condition'd. Immodest and Malicious.
The Body	Very small, Very great, Mean, Ill proportioned, Well-composed, Of a light Flesh, Soft Flesh, Hard Flesh,	Denote One	Witty, Sharp. Sluggish. Wise, Hardy. Strong. Ingenious. Forgetful, Delicate. Dull, and Heavy.

More might have been added; But these may serve to stay an Ordinary Stomach.

Of the four Quarters of the Year.

The *Spring* Quarter begins the 10*th.* day of *March*, at 8 2 clock and 24 minutes in the morning; at which time, the moſt Glorious Planet *Sol*, or the Sun, enters the firſt ſcruple of the Equinoctial Sign *Aries*; the Earth at the ſame time alſo entring the beginning of the Equinoctial Sign *Libra*; the Days and Nights being then of equal length.

Of the Summer *Quarter.*

The *Summer* Quarter begins *June* the 11*th.* day, at 11 a clock and 12 minutes in the forenoon; at what time that Glorious Planet enters the firſt ſcruple of the Cæleſtial and Tropical Sign *Cancer*; the Earth at the ſame time entring the prime moment of the Southern Tropical Sign *Capricorn*; at what time the Days (in our Northern Hemiſphere) are at the longeſt, and the Nights at the ſhorteſt.

Of the Harveſt *Quarter.*

The *Autumn*, or *Harveſt* Quarter, begins the 13*th.* day of *September*, at 2 a clock and 48 minutes in the morning; at what time the Sun enters the firſt point of the Southern Equinoctial Sign *Libra*; the Earth at the ſame time entring into the firſt ſcruple of the Northern Equinoctial Sign *Aries*; at what time the Days and Nights are of equal length all the world over.

Of the Winter *Quarter.*

The *Winter* Quarter begins the 11*th.* day of *December*, at 1 hour 36 minutes in the afternoon; at what time the Sun enters into the firſt minute of the Southern Tropical Sign *Capricorn*; the Earth at the ſame time entring the firſt point of the Northern Tropical Sign *Cancer*; at what time the Days are (with us, in our Northern Hemiſphere) at the ſhorteſt, and the Nights at the longeſt; But on the contrary, in the Southern part of the world,

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Of the Eclipſes *this Year*, 1683.

There will be this year three Eclipſes of the two great Luminaries of Heaven, (*viz.*) Two of the Moon, and one of the Sun.

The

The first Eclipse will be of the Sun, on the 17*th.* of *January*, near 3 of the clock in the afternoon, in 8 degrees of the Cælestial Sign *Aquarius*; and if the Air be clear, may be seen of us in *England*: there being almost 9 Digits of 12 of the Súns body obscured, or darkened.

The second Eclipse will be of the Moon on the 1*st.* of *February*, about 3 in the afternoon, in 23 degrees of *Leo*; but invisible as to us: the Sun being above the Earth.

The third Eclipse will be of the Moon also, on the 28*th.* of *July*, at 8 of the clock before noon. It happens in 14 degrees of *Aquarius*. This also will be invisible as to us.

Of the Conjunction of ♄ *and* ♃.

In this year also will happen a famous Conjunction of the two superiour Planets, *Saturn* and *Jupiter*, in the Regal Sign *Leo*. Those Planets meet twice or thrice in that Regal fiery Sign, and Astrologically signifie great alterations in the world; chiefly, in those Kingdoms, Countreys, and Cities subject to the Signs *Leo*, and *Aquarius*; Under *Leo* in particular, is the City of *Rome*.

Andrew Argol in his *Ephemerides* has these words: *Cum celebretur conjunctio superiorum* Saturni *&* Jovis *in Trigono Igneo, Antiquorum consensu mutationes magnæ contingent, & generales constitutiones; ac de facili Dominorum mutationes.*

Besides these three great Conjunctions, the fiery Planet *Mars* transits the Sign of Justice near 8 months together; to wit, from the 26*th.* of *November* 1682. to the 12*th.* of *July* 1683. which signifies much mischief.

Of the necessary Furniture of an *Almanack*.

I. *Of the* Golden Number.

1. The *Golden Number* is a number proceeding from 1 to 19, and so to begin at 1 again.

2. It is called the *Golden Number*, because it was sent from *Alexandria* in *Ægypt*, to *Rome*, in Letters of Gold.

3. Add 1 to the year of our Lord, and divide the same by 19, the remainder (if any be) shall be the *Golden Number*; But when there is no remainder, 19 is the *Golden Number*.

4. The reason why the *Golden Number* doth not extend 19 is, because the Moon doth make all her sundry motions and changes in 19 years space, and then returns to the place where she first began.

5. The *Golden Number* begins always the first day of *January*:

6. And it is always alike every year in both Accounts.

II. *Of the* Cycle, *or* Circle of the Sun.

1. The *Cycle of the Sun* is a number proceeding from 1 to 28, and so to begin again at 1.

2. Add to the year of our Lord 9, and divide by 28, the remainder (if any be) is the *Cycle*, or *Circle of the Sun*; But if there be no remainder, then it is 28.

3. It is always alike in both Old and New Accounts.

III. *Of the* Dominical Letter.

1. The *Dominical Letter* is that which is appointed every several year to point out *Dies Dominicus*, the Lord's day.

2. The Letter *A* is always to be applied to the first day of every year; *B.* to the second day; C. to the third day, *&c.* to the years end. Therefore,

3. To find out which of those Letters, being so disposed, shall signifie *Dies Dominicus*, in the *Julian*, *English* or Old Account; first find the *Circle of the Sun* for the same year; then, in the following Table, entituled, *Stilo Veteri*, seek in the first column the *Cycle of the Sun*, and right against it you have the *Dominical Letter*.

Stilo Veteeri.

1	GF	8	E	15	C	22	A
2	E	9	DC	16	B	23	G
3	D	10	B	17	AG	24	F
4	C	11	A	18	F	25	E
5	BA	12	G	19	E	26	C
6	G	13	FE	20	D	27	B
7	F	14	D	21	CB	28	A

Stilo

1	C	8	A	15	F	22	D
2	A	9	G	16	E	23	C
3	G	10	F	16	DC	24	B
4	F	11	E	18	B	25	AG
5	ED	12	C	19	A	26	F
6	C	13	BA	20	G	27	E
7	B	14	G	21	FE	28	D

4. But if it be the *Roman*, *Gregorian*, *Foreign*, or *New* Account; having found the *Cycle of the Sun*, then, in the Table entituled *Stilo Novo*, find the *Dominical Letter*, as before in the *Engliſh* Account.

5. Becauſe there are ſeven days in a week, there are ſevea Letters choſen for this purpoſe; and becauſe every fourth year is Leap-Year, they are four times repeated over, which is 28.

6. For every Common-year is appointed but one *Dominical Letter*; but for every Leap-year two; whereof the firſt continues, from the firſt of *January*, to St. *Matthias* day; the other, from thence, to the years end.

IV. *Of the* Roman Indiction.

1. This is a number proceeding from 1 to 15, commonly ſet down in all the Charters of the *Roman* Biſhops, and therefore called *Indictio Romana*; wherein they ſeem to follow the Ancient *Romans*.

2. To find the ſaid number every year, do thus: Add to the year of our Lord given 3; and divide by 15, the remainder (if any be) ſhall be the *Indiction*; But if there be no remainder, 15 is the number of the *Indiction*.

3. This number of *Indiction* is to be accounted from the firſt of *September*; and it is alike both in Old and New Accounts.

V. *Of the* Epact.

1. The *Epact* is a number not exceeding 30, becauſe the Moon between Change and Change never paſſeth 30 days.

The

2. The original of the *Epact* is from this: The common *Lunar*-year consisting of 12 Moons, is less than the *Solar*-year by 11 days; for to every Moon is attributed no more than 29½ days; which make in all but 354 days.

3. Multiply the *Golden Number* of the year by 11, and the *factus* (if it be under 30) is the *Epact*; But if it be above 30, then divide the *factus* by 30, and the remainder shall be the *Epact*, in the *Julian*, or *English* Account.

4. By subducting 10 from the *Epact* of the Old Account, you have the *Epact* of the *Gregorian*, or New Account; But if the *Epact* be less than 10, then add 30 to it, and make substraction as before; So shall you have the *Epact* of the New Account. This will hold till *Anno* 1700.

5. The *Epact* is the Age of the Moon the 28*th.* of *February*, in both Old and New Accounts.

6. When the *Golden Number* is 3, 6. 9, 12, 15, or 18. the *Epact* is the same in the *English* Account.

7. When the *Golden Number* in the *English* Account is 1, the *Epact* is 11; when 2, then it is 22, *&c.* as in the following Table.

1	2	3	4	5	6	7	8	9	10	*Golden Numb.*
11	22	3	14	25	6	17	28	9	20	*Epact.*
11	12	13	14	15		16	17	18	19	*Golden Numb.*
21	12	23	4	15		26	7	18	29	*Epact.*

8. When the *Golden Number* is 1, 4, 7, 10, 13, 16, or 19, in the Foreign Account, the *Epact* is the same, *&c.*

VI. *Of the Number of* Direction.

1. This is a number of 35, being the time betwixt the highest and lowest falling of any of the *Movable Feasts*; which 35 it never exceeds. It always takes place the 22*d.* of *March*.

2. It is not to be found by any Arithmetical Calculation yet invented; but by the following Table it may be exactly found for ever.

3. This

3. This Table is divided into 8 Columns: In the first to the left hand, is placed the *Golden Number*; then, at the head of the Table, over the 7 Columns, are placed the 7 *Dominical Letters*; the use of which is thus: Find the *Golden Number* in the first Column, and the *Dominical Letter* in the head; and in the common Angle of meeting, you have the number of Direction.

G.N	A	B	C	D	E	F	G
1	19	20	21	22	16	17	18
2	5	6	7	8	9	10	11
3	26	27	28	29	30	24	25
4	19	13	14	15	16	17	18
5	5	6	7	8	2	3	4
6	26	27	21	22	23	24	25
7	12	13	14	15	16	10	11
8	33	34	35	29	30	31	32
9	19	20	21	22	23	24	18
10	12	13	7	8	9	10	11
11	26	27	28	29	30	31	32
12	19	20	21	15	16	17	18
13	5	6	7	8	9	10	4
14	26	27	28	29	23	24	25
15	12	13	14	15	16	17	18
16	5	6	7	1	2	3	4
17	26	20	21	22	23	24	35
18	12	13	14	15	9	10	11
19	33	34	28	29	30	31	32

Example, In the year 1649. the *Golden Number* is 16. and the *Dominical Letter* G; wherefore, the *Number of Direction* is 4.

4. But this is to be noted, that if the year wherein you seek this number is Leap-year, wherein you have two *Dominical Letters*, you must enter this Table with the last of them, because the former is out of date the 24*th*. of *February*, and the *Number of Direction* begins not till the 22*d*. of *March* following.

5. If you would know the *Number of Direction* according to the *Roman* Account, you must enter the Table with the *Golden Number* and *Dominical Letter* belonging to the *Roman* Account, as in the former. Example, the *Golden Number* 16. the *Dominical Letter* C (for the year 1649.) wherefore, the *Number of Direction* is 7 for the *Roman* Account.

6. The use of the *Number* of *Direction* is, to find the day of the month, in which any of the movable Feasts, or Terms, shall fall, in any year, for ever.

VII. *Of the* fixed Feasts.

1. The *fixed Feasts*, are such as happen every year on the same day of the month; the chief of which are the following.

2. *Jan.* 1. Circumcision. *Jan.* 6. Epiphany. *Jan* 13. Hilary. *Jan.* 25. Conversion of *Paul.* *Jan.* 30. the Murther of King *Charles* I.

3. *February* 2. Candlemas-day. *Feb.* 14. Valentine. *Feb.* 24. Matthias, if it be a Common-year; but if it be a *Bissextile*, or Leap-year, then it is *Feb.* 25.

4. *March* 1. David. *March* 17. Patrick. *March* 25. the Annunciation of the Blessed Virgin, *or* Lady-day.

5. *April* 2. [illegible] *Apr.* Mark Evangelist.

6. *May* 1. Philip and Jacob. *May* 19. Dunstan. *May* 26. Augustine.

7. *June* 11. *Barnabas.* *June* 24. John Baptist. *June* 29. Peter and Paul.

8. *July* 2. Visitation of Mary. *July* 15. Swithin. *July* 22. Magdalen. *July* 24. James Apostle. *July* 19. Dog-days begin.

9. *August* 1. Lammas-day. *Aug.* 10. Lawrence. *Aug.* 15. Assumption of Mary. *Aug.* 24. Bartholomew the Apostle. *Aug.* 29. Decollation of John Baptist. *August* 28. Dog days end.

10. *September* 8. Nativity of the Virgin Mary. *Sep.* 14. the Exaltation of the Cross. *Sep.* 21. Matthew Evangelist. *Sep.* 29. Michael the Arch-Angel.

11. *October* 9. Denis. *Octob.* 18. Luke Evangelist. *Octob.* 28. Simon and Jude Apostles.

12. *November* 1. All-saints. *Novemb.* 5. Powder-Treason. *Nov.* 9. Birth of Luther. *Nov.* 17. Hugh. *Nov.* 25. Katherine. *Nov.* 30. Andrew Apostle.

13. *December* 8. Conception of the Virgin Mary. *Decemb.* 21. Thomas Apostle. *Decemb.* 25. Nativity of our Lord and Saviour Jesus Christ, called *Christmas*. *Decemb* 26. Stephen. *Decemb.* 27. John Evangelist. *Decemb.* 28. Innocents. *Decemb.* 29. the Popish Saint, *Thomas Becket*.

A TABLE shewing the *movable Feasts*, and

N.D.	Shrove Sunday	First Sunday in Lent	Mid-Lent Sunday	Easter day	Rogat. Sunday	Ascension Day	Whit-sunday	N.D.
1	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	Apr 30	May 10	29
2	2	9	2	23	27	May 1	11	30
3	3	10	3	24	28	2	12	31
4	4	11	4	25	29	3	13	32
5	5	12	5	26	30	4	14	33
6	6	13	6	27	May 1	5	15	34
7	7	14	7	28	2	6	16	35
8	8	15	8	29	3	7	17	1
9	9	16	9	30	4	8	18	2
10	10	17	10	31	5	9	19	3
11	11	18	11	Apr. 1	6	10	20	4
12	12	19	12	2	7	11	21	5
13	13	20	13	3	8	12	22	6
14	14	21	14	4	9	13	23	7
15	15	22	15	5	10	14	24	8
16	16	23	16	6	11	15	25	9
17	17	24	17	7	12	16	26	10
18	18	25	18	8	13	17	27	11
19	19	26	19	9	14	18	28	12
20	2	27	20	10	15	19	29	13
21	21	28	21	11	16	20	30	14
22	22	Mar. 1	22	12	17	21	31	15
23	23	2	23	13	18	22	June 1	16
24	24	3	24	14	19	23	2	17
25	25	4	25	15	20	24	3	18
26	26	5	26	16	21	25	4	19
27	27	6	27	17	22	26	5	20
28	28	7	28	18	23	27	6	21
29	Mar. 1	8	29	19	24	28	7	22
30	2	9	30	20	25	29	8	23
31	3	10	31	21	26	30	9	24
32	4	11	Apr 1	22	27	31	10	25
33	5	12	2	23	28	June 1	11	26
34	6	13	3	24	9	2	12	27
35	7	14	4	25	30	3	13	28

movable Terms for ever, in both Accounts.

N. D.	Trinity Sunday.	Sunday after Tr.	Advent Sunday.	Easter Ter. beg.	Easter Ter. end.	Trinity Ter. beg.	Trinity Ter. end.	N. D.
1	May 17	27	Nov. 29	Apr. 8	May 4	May 22	June 10	29
2	18	27	30	9	5	23	11	30
3	19	27	Dec. 1	10	6	24	12	31
4	20	27	2	11	7	25	13	32
5	21	27	3	12	8	26	14	33
6	22	26	Nov. 27	13	9	27	15	34
7	23	26	28	14	10	28	16	35
8	24	26	29	15	11	29	17	1
9	25	26	30	16	12	30	18	2
10	26	26	Dec. 1	17	13	31	19	3
11	27	26	2	18	14	June 1	20	4
12	28	26	3	19	15	2	21	5
13	29	25	Nov. 27	20	16	3	22	6
14	30	25	28	21	17	4	23	7
15	31	25	29	22	18	5	24	8
16	June 1	25	30	23	19	6	25	9
17	2	25	Dec. 1	24	20	7	26	10
18	3	25	2	25	21	8	27	11
19	4	25	3	26	22	9	28	12
20	5	24	Nov. 27	27	23	10	29	13
21	6	24	28	28	24	11	30	14
22	7	24	29	29	25	12	July 1	15
23	8	24	30	30	26	13	2	16
24	9	24	Dec. 1	May 1	27	14	3	17
25	10	24	2	2	28	15	4	18
26	11	24	3	3	29	16	5	19
27	12	23	Nov. 27	4	30	17	6	20
28	13	23	28	5	31	18	7	21
29	14	23	29	6	June 1.	19	8	22
30	15	23	30	7	2	20	9	23
31	16	23	Dec. 1	8	3	21	10	24
32	17	23	2	9	4	22	11	25
33	18	23	3	10	5	23	12	26
34	19	22	Nov. 27	11	6	24	13	27
35	20	22	28	12	7	25	14	28

VIII. *Of the movable Feasts.*

1. The movable Feasts are found out by the foregoing Table, thus: First find out the number of Direction for the year proposed; then find out the first Column on the left hand, and against it under the title of the Feast, in the common Angle, you have the Month, and Day of the Month, the said Feast will happen on according to the *English* account.

2. But if you would know the time according to the *Roman* account, you must find the number of direction on the last Column on the right hand, against which is the common Angle, under the Feast you have the true time.

3. But note, If the year be *Bissextile*, wherein *February* has 29 days, and *Matthias* day is on the 24*th*. of the same Month, that those Feasts which fall in *February*, fall one day after the day found in the Table, for the same reason.

IX. *Of the four* Terms *and their Returns.*

1. *Hillary Term* begins *January* 23. and ends *February* 12. and has four Returns, *viz. Octabis Hillarii* Jan. 20. *Quind. Hillarii* Jan. 27. *Crastino Purificationis*, Feb. 3. Octabis *Purificationis*, Feb. 9.

2. Easter Term *begins the* 17th.. *day after* Easter: *ends the* 4th. *after* Ascention-*day*: and has five Returns, *viz. Quind. Paschæ*, 2 days before the

the Term begins; *Tres paſchæ*, the *7th.* day from *Quind paſchæ*. *Menſe Paſchæ*, on the *7th* day from *tres Paſchæ*: *Quinq; paſchæ*, on the *7th* day from *Menſe paſchæ*; *Craſtino Aſcenſionis*, on the 4. day after *Quinq; paſchæ*.

3. Trinity-Term *begins the next day after* Corpus-chriſti-day, *and ends the* 19*th. day after*: *and has four Returns*, viz *Craſtino Trinitatis*, on the *4th.* day before the Term begins; *Octabis Trinitatis*, on the *7th.* after the former; *Quind. Trinitatis*, on the *7th.* day after *Octabis Trinitatis*; *Tres Trinitatis*, on the *7th.* day after *Quind. Trinitatis*, or three days before the end.

4 Michaelmas-Term *begins* Oct. 23. *and ends* Nov. 28. *and has ſix Returns*, viz. *Tres Michaelis*, Oct. 20. *Menſe Michaelis*, Oct. 27 *Craſtino Animarum*, Nov. 3. *Craſtino Martini*, Nov. 12. *Octabis Martini*, Nov 18. *Quind. Martini*, Nov 25.

5 *Here is to be noted*, 1. That if the Beginning, Ending, or Returns of the *Terms* be on a *Sunday*, the day following is choſen. 2. That *Hillary* & *Michaelmas*-Terms are fixed; the other two, viz. *Eaſter* and *Trinity*-Terms, are movable, and may be found out by the former *Table*.

FINIS.